

WOMAN'S REALM.

A NEW FIELD OF WORK.

Duties of a Superintendent of Nature Study in the Vacation Schools.

For six weeks or so in summer Miss Kate Baumann has one of the oddest occupations, if any one in Philadelphia. As superintendent of nature study in the vacation schools she not only supervises the nature work done by the many classes, but collects and distributes the specimens needed in teaching 3000 children—hundreds of roots of all varieties, stems and leaves, flowers, fruit and vegetables.

Three days a week she is off in the country from early morning until sundown, hard at work. Three days she is distributing among the schools. Her excursions take her far beyond the railroad and trolley lines. Clad in a comfortable working dress, she does miles and miles of walking over dusty lanes, her eyes wide open for plants that have sprung up by the wayside beyond the fences, so they may be legitimately appropriated. Sometimes she must mount fences to gather twigs and leaves from convenient branches. Occasionally there is a tree to climb where coveted specimens are far beyond the reach of the crooked handle of her umbrella.

On certain days the superintendent's trip is to the woods and fields in search of wild flowers. On others, armed with a large basket, she visits friendly farmers to solicit garden and orchard products, or again, she follows the course of some stream to hunt for necessary water plants.

The burden she brings back to town at night may be forty pounds of leaves pulled from all kinds of trees, or hundreds of twigs bearing pears and other fruit, or a basketful of potatoes, beets and carrots, dug up with their leaves and all.

Distribution the following day is not an easy task. The schools to be supplied lie in widely separated parts of town. The residents along her various routes have grown accustomed to seeing her pass by with her odd bundles, and everywhere she is known and greeted as "the teacher."

"Of course," said Miss Baumann, "when I took up the work four years ago it was much easier. There were fewer schools then and not nearly so many pupils. Nowadays, if it were not for the kindness shown me everywhere, I simply could not undertake it all alone. Every one becomes interested at once when I explain my errand. The farmers want to insist on my having even more than I need, and when our lesson is to be on cultivated flowers, the big city florists fill my basket to overflowing. Then there are many kind friends who are always on the lookout for specimens to send me, or who are generous about assisting me when my load is a very heavy one."

Her first work begins early in the spring. Then she is abroad in the woods looking for acorns that have lain under the snows all winter and are in good condition for sprouting. These serve later on as splendid examples of germination for the younger classes. Later she starts gardening in her back yard, planting cucumber seed, so that the vines with their young, tiny fruit may be shown the children, as well as larger specimens contributed by the markets. Peas, beans and oats are also planted in small boxes, a box of each just sprouted to go to every school.—Philadelphia Press.

How Wrinkles Come.

Enough is said of the treatment of wrinkles to make us all wise to avoid them, if wisdom were enough.

But wrinkles, like love, will find out a way, and in spite of massage and oils and balms, wrinkles will set their delicate seal of thought and perplexity upon the forehead and under the eyes and about the lips.

The reason of wrinkles, any one will tell you easily, is years. But why is it that years make wrinkles? What connection is there between the flight of time over our heads and the fine tracery upon our features?

Here is the explanation as well as a layman can give it: Underneath the skin, in the flesh, are imbedded multitudes of little muscles that hold the flesh and keep it as we say "solid and firm." The skin also has a certain muscular power of contracting and stretching as necessity demands, and which depends upon what is called the tonicity of the skin.

As years creep along the muscles weaken and grow lax, no longer holding the flesh up firm and hard as before. All the lines in the face droop therefore with age, and the flesh has a tendency to fall down in little ridges. Just the same thing happens to the skin. It loses its contracting power and relaxes. Then come the little wrinkles. It will be seen then, that wrinkles are due to changes in the constitution of the skin itself.

Anything that acts as a stimulant upon the skin, keeping it active and so keeping up the tone of the muscles, will tend to prevent wrinkles.

English Embroidery.

Among the latest fancies in fashion's realm are gowns of all over English embroidery mounted over colored silk.

One over pale pink has the skirt built in three deep ruffles, and a jacket bodice showing front and undersleeves of embroidered ecru batiste. The choker is encircled by a pleated scarf of pink mousseline de sole which ties with a simple knot in the front, says the Chicago Record-Herald. This particular style of cravat is one of the novelties of the season and appears on a number of elaborate costumes. A lovely chemisette is of fine white batiste, with yoke behind ending on the shoulders and the front pieces felled to this. Butterflies of embroidery and drawn work trim the yoke and run down the front of the blouse. The little cuffs, which are unstarched, tucked and edged with Valenciennes lace, are fastened by a single small white crocheted button, and these buttons are used to fasten the front of the chemisette. The soft tucked choker has a pleated cravat tied loosely about it. This is made of the batiste, with the ends finished with Valenciennes lace.

Woman as a Wage-Earner.

As a wage earner the American woman adds largely to the country's output of energy; as a consumer she creates two-thirds of the demand, with its inevitable result of supply; as an inventor, designer and manufacturer she enlarges the variety and activity of the world's market; and as a creator she enriches the imaginative product of the world. In all these, it is impossible to divorce her interests from those of man, or make her more or less than an individual with an individual's place and power in the community. To ask whether her elimination from the commerce of the world would create a greater vacuum than the elimination of man, would bring us back to the elusiveness of abstract and general discussion to which the American woman can no longer be relegated. It is not as woman in the abstract, but as woman the individual that she is to be reckoned with, for it is as the individual that she has won and that she will maintain her place as a commercial factor.—New York Post.

How to Be Charming.

A woman can make or mar her attractiveness. She can, by an utter disregard of hygienic laws and a neglect of toilet accessories, in the opinion of Home Chat, lose entirely that charm of face and form that nature obviously intended should be hers. A few drops of soothing lotion will transform a pair of rough hands into soft ones; systematic care of the complexion will keep it smooth and ward off wrinkles, and an eagerness to read clever books and to know things, and a lively interest in the current events of the day, will brighten the eyes as nothing else can, except it be the sympathy of the man one loves. The woman possessing this knowledge is far more charming and attractive than she in whose path no beautifying whims have ever come. And the woman who applies this knowledge is the one who will develop into the entertaining, interesting grandmother of the next generation, as dainty and as youthful as was the mother of the past generation.

To Train Colored Girls.

A training school for colored nurses has been established in Charleston, S. C., by a colored woman physician, Dr. Lucy Hughes Brown, a graduate of the Woman's Medical College of Pennsylvania. The Southern people seem to take kindly to this innovation, and the enterprise is highly commended by the Charleston press.

Kilt Pleated Gowns.

There is much that is chic about the gowns that are kilt pleated, both skirts and bodice alike, and worn with a wide soft silk belt or sash. Some of the light autumn chevrons in heather shades and the soft neutral tints are especially pretty and smart in the kilt pleated models.

Modish Materials.

Materials that are to be in vogue are noted with and without a crepon surface and include a number of silk and wool weaves, velvets, batiste, crepe de chine, colenne, crepe, albatross and similar lightweight stuffs.



Changeable moires are an autumn novelty.

Wide tucks as a border on parasols are very pretty.

Waved satin ribbon is a novelty for trimming skirts.

Velvet hat bindings are often over an inch deep on the outside.

The buckle and the toggle make Colonial ties quite fascinating footgear.

Sashes and ties of real lace are the prettiest as well as the most expensive.

A faddish hatpin is in old silver in the design of an Indian in full war paint.

Snowflake homespun and long-haired camels' hair are two materials for autumn wear.

Dark blue or black chevrons, sprinkled with white polka dots, are the new material for short skirts.

In some of the shirt waist suits embroidery is as elaborately applied to the skirt as to the waist.

Gaudy colors appear in hats, parasols and veils, but in general gowns the colors are very delicate in tint and blend nicely into one another.

A beautiful tea gown is of the softest make of stamped pink velvet trimmed with endless intricacies of tucks and insertions of taffeta and chiffon.

Household Matters

Couch For Verandas.

The hanging couch is a new and salient feature of the modern porch. It is not a hammock, being a much more comfortable and trustworthy thing. Made at home, the constituent ingredients of the hanging couch include an ordinary woven wire spring and a comfortable mattress, suspended in a frame by swinging ropes. The frame may be of canvas or of wood.

A Bedroom Decoration.

One of the newest and smartest bedroom decorative schemes is to have green woodwork, with wall covering of Japanese wisteria and green leaves with pale yellow ceiling; green painted or stained furniture, Japanese rugs or Japanese matting on the floor, Japanese yellow pottery on the wash stand and either plain yellow or lavender curtains at the windows, over white muslin. The result is novel and striking in the extreme.

Temperature of Ovens.

The proper temperature of the oven for various mixtures often remains a perplexity to the young housewife after other details have been conquered. Here are a few suggestions: A cake which is made with butter needs a moderate oven; a cake made without butter wants a quick oven. For small cakes and cookies the oven should be moderately quick. Cakes that have admixture of molasses burn more easily than others, and should be watched closely. They require a moderate oven. If the cake browns too quickly after going into the oven there is too much heat. Remove a lid from the top of the stove or put into the oven a dish containing cold water.

A Shampoo Mixture.

A very good shampoo mixture is made thus: Lay a cake of the purest soap obtainable in a pitcher. Add one pint of boiling water and stir until a good lather is formed. Lift out the cake of soap, and, if the hair is very oily, add one teaspoonful of bicarbonate of soda, but under no circumstances ammonia or powdered borax. Wash the hair and scalp thoroughly with the shampoo mixture while it is still warm and rinse with warm water. Do not rinse the hair in cold water. The sudden change in temperature is bad for the scalp, and hair, too. If the hair is exceptionally dry, a teaspoonful of sweet almond oil may be added to the last rinsing water.

Colored Tablecloths.

Colored tablecloths are being revived to a certain extent for supper or luncheon cloths, but are never used for dinner. One of blue denim is cool and pretty, with a centre piece and dollies of drawn white work. One of cool looking green art linen is very attractive also in connection with green china and white flowers in a green glass vase for a table centre. Plain lavender linen shows effectively with pansies, heliotrope asters, or sweet peas for the floral effect and blue and white china. Red or orange linen may be used for supper, especially in fall, with white china and geraniums and nasturtiums, with their leaves, for the flowers. With care to keep a harmonious color scheme and fitting flowers these colored tablecloths may be made to produce a pleasant change, originality and individuality without offending good taste in the least.

RECIPES

Peaches and Rice—A simple dish for the children's dessert, and one which will usually be liked by their elders, consists of a thick layer of rice spread with sections of juicy peaches or with berries. It is eaten with cream and sugar.

Vanity Puffs—Boil one cup of milk and thicken it with flour to make a stiff dough, then add three eggs unbeaten one by one, beating well after adding each; then add one tablespoon of melted butter; drop small spoonfuls into hot fat; when brown lift them with a skimmer on to brown paper; sprinkle with powdered sugar and cinnamon mixed.

Sweet Pepper Sauté—Remove the seeds and tops of six peppers; wash them in cold water; put them into boiling water and cook slowly half an hour; drain; put two tablespoonfuls of butter in a small pan; when hot turn in the peppers; cover the pan and cook slowly twenty minutes; serve over chopped meat cakes that have been boiled.

Potato Croquettes—To two cupfuls of hot rice potatoes add two tablespoonfuls of butter, yolks of three eggs, half a teaspoon of salt and a few grains of cayenne pepper; beat thoroughly; shape in balls and roll pointed at ends; roll in flour; mark in three places on top of each with a knife blade; fry in deep hot fat; arrange on a hot platter; garnish with parsley and serve hot.

Moulded Eggs—Butter six or eight timbale moulds; sprinkle on the bottom and sides chopped parsley; break one egg into each mould, being careful not to break the yolk; sprinkle with salt and pepper and a bit of butter on the top; put the moulds in a pan of hot water and bake in the oven from five to seven minutes; turn out on a platter and serve with a cream of tomato sauce or serve on a round of buttered toast.

Polo an Ancient Sport.

Polo is probably the oldest of athletic sports. It has been traced to 600 B. C.

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D. MCCARTHY, Proprietor.

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